



News for Prospective Residents ~ 1st Quarter 2024

Homewood Opens the new wing at The Lodge



The Lodge at Sunset

Homewood at Frederick welcomed 41 new residents recently. From mid-November until mid-December, residents began moving into their new apartments. Homewood broke ground in July 2022 and since this time, residents had been preparing for their move to Homewood to begin the next chapter of their life. Homewood has been blessed with these new residents who bring such a diversity and interesting backgrounds to our community.



Peter and Nancy Chesterton

Meet Nancy and Peter Chesterton from Southport, NC

Nancy and Peter Chesterton moved to The Lodge in November of 2023.

Mr. Chesterton had this to say about his move. *“After we retired in 2010, we moved to a 55+ community near Southport, NC. While living in North Carolina we decided to investigate several Continuing Care*

Retirement Communities in Maryland. We wanted to find a community that was closer to family, offered a wide range of services and had a pleasant setting. Homewood at Frederick was clearly the best choice for us. We have found it to be a welcoming, vibrant, and accommodating community. Residents, administrators, and staff have all been outgoing and helpful. We look forward to meeting more of our neighbors and taking advantage of the activities and programs Homewood has to offer. “

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Passport Member Information

Passport Member events are posted on the website under the Resources tab.

RSVP are required.

homewoodfrederick.com/resources

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Meet Richard and Eleanor Radune from Branford, CT



Homewood at Frederick welcomed our very first residents to the new wing in mid-November. We had a beautiful day which made for unloading a large moving truck a lot easier. Richard and Eleanor Radune had this to say about their move to Homewood. “In Novem-

ber, we were the first residents to move into a Homewood Lodge expansion apartment. Coming from Branford, Connecticut, we worried about the distance involved and unforeseen challenges of being the first. We needn't have worried. The move went smoothly with the guidance of Meg Cliber, marketing director for Homewood at Frederick. We are impressed by how friendly everyone is, both the staff and our fellow residents. Any maintenance issues are addressed expeditiously. Everyone has been helpful regarding the many activities we have available. We wished to move closer to our children and grandchildren and feel Homewood would be the perfect place to call home. “

How much physical activity do older adults need?

Homewood at Frederick offers a maintenance free lifestyle for our residents. Part of this refers to the easy in which our residents can stay fit. With the numerous wellness and fitness classes offered, residents have a choice in many different ways they can get their exercise incorporated into their daily lives.

The Centers for Disease Control and Prevention stated “*as an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.* “

Adults aged 65 and older need at least **150 minutes of exercise a week** (for example, 30 minutes a day, 5 days a week)



of **moderate-intensity activity** such as brisk walking. It is also recommended for seniors to have at least **2 days a week** of activities that **strengthen muscles**. Plus activities to **improve balance**, such as standing on one foot. For more information about all of the fitness and wellness classes offered at Homewood, visit our website to review our Activities Calendar where you will find a variety of classes offered.

<https://homewoodfrederick.com/resources/campus-information>.

Patio Homes and Cottages Available for Immediate Occupancy

Currently on campus, there are a handful of patio homes and cottages that are available for immediate occupancy. A refill home, is an already built home, that has been previously occupied. One of the beautiful things about a refill home is that depending on when the home was built, it may be able to be offered either as a rental, or an entrance fee option. *M*

Patio Homes

310 Clem Way - Standalone Chesapeake with sunroom

2516 Angell Avenue— Chesapeake with sunroom and breakfast nook

400 Pearson Blvd - Chesapeake with sunroom and breakfast nook

Cottages

Cottage #3— two bedroom, two bathroom

Cottage #14—two bedroom, two bathroom

Cottage # 43 – two bedroom, two bathroom



310 Clem Way – Stand-alone Chesapeake with Sunroom & Breakfast Nook



400 Pearson Blvd.



Cottage 43



2516 Angell Ave.



Cottage 14

Upcoming Events

“Spring Into Fitness “Open House

Tuesday, March 12th

1:00 p.m. until 3:30 p.m.

The Lodge Event Center



Vendor Fair Extravaganza

Tuesday, June 18th

1:00 p.m. until 3:30 p.m.

The Lodge Event Center



Homewood Collection Photography Event

Friday, June 21st

4:00 p.m. until 6:00 p.m.

The Lodge Event Center



Homewood at Frederick Marketing Office

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MARKETING OFFICE HOURS

Monday—Friday appointments required 9 a.m.—4 p.m.

Please call ahead for holiday closings.